



# **Work:Life**

## **Topics & Events**

### **January 2026**



[pme.link/topspeaker](https://pme.link/topspeaker)

# TOP Speaker:innen

## Our TOP webinars for you!

### Dr. Christoph Pies: Don't be afraid of urologists!

In this lecture, urologist and author Dr. Christoph Pies speaks openly about topics that men often suppress: from testicular cancer and prostate cancer prevention to testosterone and performance, as well as erectile dysfunction and prevention.

With clear facts, practical tips and a touch of humor, he breaks down taboos and shows how men can actively improve their health.

This lecture is part of our series on men's health. We look forward to welcoming you to our other lectures as well.

**Date: 29/01/2026 • 16:00-17:30 • Webinar**

**Register**

---

### About Dr. Christoph Pies

Dr. Christoph Pies is a urologist, author, and podcast host ("Pee Break"). Despite his name, which sounds like "peeping," he has only one goal: to inform men about their health in a relaxed way. In addition to his books, he founded and advises various companies in the healthcare sector.





# Life situations

## Alone not lonely – EASE your mind (based on the model by Cacioppo)

Loneliness and being alone are related but not identical experiences that play a role in various life and work situations. How can these phenomena be understood in a nuanced way, actively addressed, and how can personal resilience be strengthened? This presentation will provide you with sound, practice-oriented strategies based on John Cacioppo's renowned EASE model, enabling you to promote your mental balance and sustainably strengthen social connections – without feeling isolated.

**Date: 07/01/2026 • 12:30-13:30 • Webinar**

**Register**

---

## Morning Yoga: Hatha & Detox

In the month of New Year's resolutions, we're kicking off the new year with an inspiring Hatha Yoga series that will cleanse and regenerate your body. Over four sessions, we'll focus on asanas and pranayama techniques that support the detoxification process and get your energy flowing. Each session concludes with a meditation that brings physical relaxation and mental clarity. Whether you're a beginner or an experienced yogi, all exercises will be demonstrated in variations so you can find your own level.

Make yourself comfortable with a mat, comfortable clothes, a blanket and pillows, and treat yourself to a cup of tea for the perfect start to the day!

**Date: 08.-29.01.26 • 07:30-08:30 • Live Course**

**Register**

---

## Healthy eating in a flexible work environment

In theory, we know what a healthy diet looks like: more fruit and vegetables, healthy fats, and fewer animal products, sugar, and alcohol. But in our increasingly flexible daily lives, juggling working from home, the cafeteria, and fast food, routines and strategies can quickly falter.

The presentation offers practical tips for planning and selecting nutrient-rich meals, takes into account special challenges such as shift work, and explains how to avoid cravings and unhealthy snacks.

**Date: 08/01/2026 • 11:00-12:00 • Webinar**

**Register**



## Progressive muscle relaxation in the morning

In a pleasant and tranquil atmosphere, you will learn step by step the proven relaxation technique developed by Edmund Jacobson. By selectively tensing and relaxing individual muscle groups, you can release tension, lower stress levels, and improve your overall well-being. Progressive muscle relaxation is a simple and effective method that can be easily integrated into everyday life.

How can you participate? Simply tune in, whether you prefer sitting in an armchair or lying on a yoga mat. The important thing is that you can make yourself comfortable (wear comfortable clothing) and have a quiet environment.

**Date: 09.-30.01.2026 • 08:30-09:00 • Live Course**

**Register**

---

## Mindset – How to update your philosophy of life

This presentation will explain exactly what a mindset is, what forms it takes, and how to align yours to support you in achieving your personal goals. Learn how to overcome self-sabotage and harness your brain's neuroplasticity to interact with yourself, colleagues, partners, and family in a more positive and beneficial way.

Look forward to valuable insights, deeper understanding of the nature of the mind, and a new perspective that will sustainably change how you deal with challenges.

**Date: 09/01/2026 • 11:00-12:00 • Webinar**

**Register**

---

## Christmas time in balance: Tips and exercises

Just before the end of the year, time seems to fly by even faster than usual. How often do you hear: "Please get this done before Christmas/New Year's!"? Why is that? On top of everything else: buying presents, preparing for Christmas, Christmas parties, and the children's performances. Sounds like a lot of work and not enough time...

**blog**

**Read more**



## A humorous approach to change

In a world of constant change, we're expected to be flexible, resilient, and adaptable—ideally all at once and with a smile on our faces. But how do we manage that? Especially when change is the new normal, but no one asked us if we were "up for it"? In this entertaining presentation, we'll approach the topic of change with a lighthearted touch and plenty of practical experience. You'll learn how to develop inner flexibility, meet change with attitude (and humor!), strengthen your personal approach to change, and why humor is a real secret weapon.

**Date: 13/01/2026 • 15:00-16:00 • Webinar**

**Register**

## Self-confident as a woman in professional life

As an ambitious and driven woman, you've already achieved a great deal – yet self-doubt constantly gnaws at you: you feel you should be more productive, more relaxed, and fully realize your potential. Especially in the age of social media, this inner critic often grows louder.

In our presentation, we'll show you concrete tips on how to stop self-doubt and the constant stream of negative thoughts in your daily life. For less mental stress and more self-confidence! The format is interactive: We'll exchange ideas, learn from each other, and support one another.

**Date: 13/01/2026 • 12:00-13:00 • Webinar**

**Register**

## Mental Load – Ways to achieve an equal distribution of tasks

In this presentation, we would like to explore the concept of mental load together and show you ways to find a suitable distribution of work and responsibility within your family.

We will look at various strategies and techniques that can help reduce mental load and achieve a fairer distribution of family work.



**Date: 14/01/2026 • 11:30-12:30 • Webinar**

**Register**



## Enough with people pleasing!

Do you also say "yes" too often, just to keep the peace? This presentation will show you what people pleasing really is, the psychological reasons behind it, and its impact on your mental health. You'll also learn proven strategies for setting healthy boundaries, boosting your self-esteem, and rediscovering a more authentic life – free from excessive need for validation from others.

**Date: 14.01.2026 • 16:00-17:00 • Live Course**

**Register**

## How to conduct productive meetings

In this presentation, you will learn how to design meetings that are efficient, goal-oriented, and motivating. Discover how to foster participation from all attendees, facilitate clear decisions, and identify which meetings you can confidently shorten or even eliminate in the future. This presentation is specifically aimed at managers and meeting organizers who want to sustainably improve their meeting culture and empower their teams through effective communication.

**Date: 16/01/2026 • 11:00-12:00 • Webinar**

**Register**

## Overthinking – when thinking becomes a marathon

Many people know the feeling of never truly finding peace in their minds. Overthinking drains energy, robs us of sleep, and often prevents us from making clear decisions. In our presentation, you'll learn how to break the vicious cycle of rumination and regain control over your thoughts. You'll receive practical tips for everyday life to stop the mental chatter, strengthen your self-awareness, and look to the future with a more positive outlook.

**Date: 21/01/2026 • 12:00-13:00 • Webinar**

**Register**

## Make your own Christmas gifts

Are you still looking for creative and personal gift ideas, but don't feel like Christmas shopping and unnecessary spending, or simply don't want to spend that much money? With these 11 original ideas and DIY instructions, you're guaranteed to delight your family and friends.

**blog**

**Read more**



## 2-Week Challenge: Gut Health

Would you like to gently cleanse your gut at the start of the year and feel completely well? Then our 2-week challenge is just right for you! From Monday to Friday, daily from 11:45 a.m. to 12:00 p.m., you will receive valuable insights into the topic of gut health.

In this interactive online series, you'll benefit not only from sound expert knowledge but also from the motivating power of the group. We'll guide you in actively supporting your gut health and sustainably improving your well-being.

**Date: 19-30/01/2026 • 11:45-12:00 • Webinar**

**Register**

## AMPLIFY YOUR LIFE: Mentale Gesundheit - Rock your Mind

Do you sometimes feel overwhelmed by your professional and personal life? This presentation will guide you to greater mental strength! You will learn to consciously manage your thoughts and emotions, effectively reduce stress, and sharpen your focus.

Discover the connection between mindfulness and heavy metal with Jana Solvejg (mental trainer, coach) and Uwe Lerch (media expert, author). Based on their powerful book "Amplify Your Life," they provide immediately applicable tips for more energy, focus, and self-confidence.

**Date: 20/01/2026 • 18:00-19:00 • Webinar**

**Register**

## BEM – an (im)moral offer

In this presentation, we will provide you with general information about workplace reintegration management, or BEM for short:

What exactly is BEM and how does it work? What are my rights and obligations in the BEM process? Who is involved? What support options are available, including from the various service providers?



**Date: 22/01/2026 • 10:00-11:00 • Webinar**

**Register**



## What do I truly want? Find your inner compass for greater fulfillment in life!

In a world full of distractions and constant change, many yearn for clarity and awareness. In our 60-minute presentation, we delve deep into the search for personal fulfillment. Through practical exercises and inspiring insights, you will learn how to identify your true passion, set clear goals, and consciously shape your life's direction.

This lecture offers a valuable opportunity to get to know yourself better and to find the path to a more fulfilling life – both in private and professional life.

**Date: 23/01/2026 • 12:30-13:30 • Webinar**

**Register**

---

## Appreciate and protect your own boundaries

How often have you heard yourself say "yes" even though you barely had the strength, desire, or capacity? Do you generally find it difficult to respect your limits because you're afraid of disappointing others?

In this presentation, you will learn how focusing on your needs can give you more space and allow you to represent your own interests more confidently. We will also explore how to empathize with another person's "no," understand the valid reasons behind it, and thus perhaps learn to listen to it better in the future.

**Date: 27/01/2026 • 16:00-17:00 • Webinar**

**Register**

---

## Dry January: Alcohol-free into the new year

Many people want to abstain from alcohol in January and join the "Dry January" movement. Will you? We'll show you strategies to help you achieve your New Year's resolution in January and beyond.

**blog**

**Read more**



## Don't hurry, be happy – slowing down in everyday family life

Mornings chaotic, evenings frayed nerves, and in between, work and endless to-do lists? Family life can quickly become overwhelming. This inspiring presentation shows ways out of the rat race: understand and regulate stress and spiraling thoughts to bring more peace, ease, and joy into your home with small, manageable steps.

Practical exercises, humorous everyday examples, and immediately applicable tools—from body scans and reframing to the 4 Ms—demonstrate how easily change is possible. This transforms survival mode into joy of life. Learn to pause, flourish, and bring more serenity to yourself and your family.

Don't hurry, be happy – take time for what really matters.

**Date: 28/01/2026 • 11:00-12:30 • Webinar**

**Register**

---

## Understanding grief, finding support: Your personal path through loss

The loss of a loved one often affects us deeply. Grief is a personal, non-linear process with many facets. In this presentation, you will learn about the different aspects of grief and discover that your feelings are normal – no matter how long ago the loss occurred.

We show you what grief feels like, how you can accept this new reality, and how to navigate daily life. You will receive guidance and strategies for coping with difficult emotions and strengthening your self-care. We also address specific challenges, such as the loss of a child or suicide, as well as support in the workplace. The goal is to provide you with understanding and concrete help on your journey through grief, so that you can find support and move forward with renewed strength.

**Date: 28/01/2026 • 17:00-18:00 • Webinar**

**Register**

# “Bright to stormy”

The everyday life podcast  
with Olli Schmidt



## Episode 43: Understanding and stopping people pleasing

Many of us are familiar with the need to please everyone. In the new episode of our podcast "Heiter bis stürmisch" (Lighthearted to Stormy), host Oliver Schmidt and coach Nina Lizon discuss what people pleasing really means, its underlying causes, and how to recognize and stop this behavior. They explain how to set healthy boundaries without sacrificing one's own need for nurturing.

 **Listen now...**



# Age & Care

## Need for care – what now?

This presentation will provide an overview of the support options available to those affected by illness and the need for care, as well as their families. Topics will include current long-term care insurance benefits, recent changes, various care and housing options for seniors, and the importance of powers of attorney.

**Date: 06/01/2026 • 15:00-16:00 • Webinar**

**Register**

---

## Communication as a key in dementia care

Communication is crucial when interacting with people with dementia. It is the key to understanding and connection, but it also presents challenges. In this presentation, we will examine the role of communication in dementia, common difficulties, and strengths. You will learn to recognize and overcome obstacles. We will provide you with concrete tips for successful communication to reduce misunderstandings and build a deeper, more empathetic connection.

**Date: 15/01/2026 • 19:00-20:00 • Webinar**

**Register**

---

## Caregiving relatives

Taking on caregiving responsibilities can happen very spontaneously or develop gradually. Caregivers are directly affected in their role as family members and, as laypeople, are also confronted with caregiving-specific issues. Taking care of oneself as a family caregiver and setting appropriate boundaries can be one of the greatest challenges in this complex situation.

**Date: 21/01/2026 • 16:00-17:30 • Webinar**

**Register**

---

## Managing senior citizen households and estates

If you are a working person caring for elderly people in need of support or care, assisting with a move, or even clearing out a household, the challenge can quickly become overwhelming. This presentation aims to provide you with a proven approach, support, and practical tips.

**Date: 29/01/2026 • 11:00-12:00 • Webinar**

**Register**

# For free: Online yoga all year round



Germany's largest online yoga course

Join now!

**Germany's largest online yoga class with over 10,000 registered participants continues in 2026. Every Tuesday evening throughout the year. Join us!**

Exclusively on our YouTube channel

 **Join now...**



# Parent & Child

## Strong roots for little people – promoting resilience in children under 3

This presentation will provide valuable insights into how you can specifically promote the resilience of children under three years old. Using simple and practical methods, such as rituals, positive communication, and playfully addressing small challenges, you can strengthen your child's emotional resilience.

Learn how resilience – the immune system of the soul – helps children cope better with stressful situations and develop healthily. Together, we lay the foundation for strong psychological development.

**Date: 08/01/2026 • 10:00-11:00 • Webinar**

[Register](#)

---

## Embracing Boredom: Foundations for Free Play and Development

Inspired by the idea that children can also benefit from a healthy amount of neglect, this talk offers different ideas about the importance of doing nothing.

Furthermore, there will be an overview on how boredom can act as an important stimulus for self-regulation and free play. It will be stressed that boredom can have a positive effect on children's creativity and independence. One important aspect will be the phase of being a "couch potato" during puberty.

**Date: 15/01/2026 • 11:00-12:00 • Webinar**

[Register](#)



## Information for (expectant) parents on maternity protection, parental leave, parental allowance & co.

Becoming parents – what an exciting time! This webinar provides an informative overview of government benefits, legal regulations for expectant parents, and all necessary administrative procedures surrounding childbirth.

Which parental allowance option is right for us? How do I register for parental leave? What else do I need to know? Our presentation aims to shed light on the maze of regulations and laws.

**Date: 20/01/2026 • 11:00-12:00 • Webinar**

[Register](#)

---

## Cyber grooming and media literacy in focus: Information and prevention for parents

This expert presentation delves deeply into the sensitive topics of cyber grooming and media literacy! Learn how to recognize dangers early and effectively protect your child in the digital world. Together, we'll explore how you can assert your children's interests on online platforms and social media – and what to do if this isn't the case.

Cyber grooming, the manipulative building of trust by strangers online, is a serious threat to minors. Therefore, we analyze known strategies and tactics of perpetrators using concrete examples to provide you with comprehensive information and practical tools for prevention. Protect your children actively and confidently in the digital world!

**Date: 26/01/2026 • 18:00-19:30 • Webinar**

[Register](#)

---

## More child benefits & more: Changes in 2026

There's also good news for families in 2026: Child benefit will increase from €255 to €259 per month per child, and the tax-free child allowance will rise to €9,756. In addition, the minimum wage will be raised to €13.90 – and with it, the earnings limit for mini-jobs.

[blog](#) [Read more](#)



# Law & Finance

## Financial resolution for 2026: Saving successfully – systematically, automatically & sustainably

Finally learning to save, for example to pay off an overdraft, have enough money for the next vacation, or to build up savings for retirement, is a very worthwhile resolution. But why can some people save so easily, while others find it so difficult? Saving doesn't primarily mean deprivation, but rather the conscious management of money.

This presentation will focus on our attitude towards money, as it has a decisive influence on our saving and spending habits. The speaker will demonstrate how to change one's own attitude towards money.

The importance of budgets, a household book, and a clear account structure for saving behavior is explained.

This webinar will be supplemented with some hacks and tricks: tried and tested ways to learn how to save sustainably and, above all, automatically.

**Date: 12/01/2026 • 10:00-11:00 • Webinar**

**Register**



# Free webinars for your work-life balance

## Clear your desk for new ideas: Inspiration for your tidying-up day

Is the paperwork piling up meters high and the view from the window almost completely obstructed? Then this unusual holiday comes at just the right time.

It's time to tidy up and throw things away – starting with the excuses.

But why should I even want to tidy up? And what is a practical and effective approach? If you would like to answer these questions for yourself, you will find valuable insights here.

**Date: January 12, 2026 • 1:00 PM - 1:30 PM • Impulse**

**Register**



# E-Learnings

## Further training for employees

### Your path to resilience

This course will actively train your inner resilience for greater strength in everyday life and confidence in challenging times! After a brief introduction to the topic of resilience, you will choose between six 15-minute chapters with different focuses and receive inspiration for new perspectives.

**Processing time: approx. 120 minutes**

**Register**

---

### Setting priorities

Too long a to-do list during the Christmas season? In this 15-minute knowledge snippet, you'll reflect on your personal priorities and learn a method that even helped President Eisenhower decide what the next step should be!

**Processing time: approx. 15 minutes**

**Register**

# Receive all events by email?

Sign up now for our  
work-life newsletter!



 [pme.link/newsletter](https://pme.link/newsletter)

## Information according to § 5 TMG:

### **pme Familienservice GmbH**

Headquarters  
Flottwellstr. 4-5  
10785 Berlin, Germany

Telephone: 030 263935-70  
Fax: 030 263935-77

[info@familienservice.de](mailto:info@familienservice.de)  
[www.familienservice.de](http://www.familienservice.de)

### **Managing Director:**

Alexa Ahmad

### **Commercial Register:**

AG Berlin-Charlottenburg HRB  
68116

### **VAT identification number:**

according to §27 a of the Sales  
Tax Law: DE196169532

## Information according to § 55 para. 2 RStV:

### **Responsible editor:**

Dr. Daniel Erler

The European Commission provides a  
platform for online dispute resolution  
(ODR): <http://ec.europa.eu/consumers/odr>.  
You can find our email address above in the  
imprint.



The text  
has been  
translated  
with AI